Things in the environment may be affecting you or your child’s asthma and allergies. Asthma and/or allergy symptoms include:

✓ Sinus congestion
✓ Itchy eyes, nose, or throat
✓ Coughing
✓ Shortness of breath
✓ Runny nose
✓ Watery eyes
✓ Wheezing

Please tell your health care provider if you or your child has any of these symptoms.

Please place a check in the box to tell us where and when you and/or your child have these problems.

☐ During the week
☐ On the weekends
☐ At home
☐ At work
☐ At school or child care
☐ Other places – tell where ________________________________

☐ At certain times of the year – Spring, Summer, Winter, or Fall
☐ When others around you have the same problems
☐ When coming in contact with smells (odors) or fumes
☐ When using chemicals and cleaners
☐ Whenever carpets are being or have been vacuumed
☐ When making a bed
☐ Having sneezing in the morning
☐ Around pets – name type: ________________________________
☐ Around bugs, insects, bees and animals in general
☐ Hot or cold weather – name type of weather ________________________________

☐ Around tobacco and cigarette smoke

Resources:
www.cdc.gov/asthma/faqs.htm#triggers, June 2008
www.epa.gov/asthma/triggers.htm, June 2008
www.niehs.nih.gov/health/topics/conditions/asthma/allergens.cfm, June 2008

Additional Resource Sites for Information:
NC Asthma Program: www.asthma.ncdhhs.gov
NC Healthy Homes: www.nchealthyhomes.com
NC Division of Air Quality: www.daq.state.nc.us
NC Tobacco Prevention and Control Branch: www.quitlinenc.com
American Lung Association: www.lungusa.org
UNC Chapel Hill Center for Environmental Health and Susceptibility: http://cehs.sph.unc.edu
What can you do?

**House dust mite allergy**
- Cover mattress, bedding, and pillows with allergy-proof covers.
- Wash bedding in hot water weekly with detergent and bleach in the washer and use dryer on high heat.
- Wash toys.
- Remove carpets and vacuum often.
- Dust and clean blinds and windows often.
- Mop hard surface floors often.
- Open windows or turn fan on when cleaning.
- Reduce humidity in the home.

**Tobacco smoke exposure**
- Do not smoke in the house or car.
- Change clothes to get rid of odor from smoke.
- For smoking help call QuitlineNC, 1-800-Quit-Now (1-800-784-8669) or www.QuitlineNC.com

**Pets**
- Do not keep furry or feathered pets in the house.
- If pets must stay, keep them out of bedrooms, off furniture, and carpets.

**Mold stains, bad odors, and air quality**
- Tell the health care provider about leaks or bad odors in the home.
- Tell the health care provider when you see dark stains or have bad smells from cold, wet moldy places in house.
- Use detergent and water to clean mold stains.
- If possible, remove moldy items from the home, school, or work place.
- Turn on fans in bathroom and kitchen to remove moisture.
- Make sure clothes dryer hose is properly vented to the outside.
- Tell about problems with pollen and avoid working outdoors during pollen season.
- Make sure all fuel burning heaters are vented to the outside.
- Use caution when using kerosene, wood or fireplaces for heat.
- Do not use scented spray, plug-ins, or scented candles.
- Do not use strong cleaners at work, school, or child care.
- When painting or cleaning, open windows and doors to let air into the area.
- For air quality, check the weather daily on TV or radio.

**Pest control**
- Get rid of trash regularly.
- Use mouse, ant, and roach traps and clean up insect parts and mice droppings.
- Keep bug spray and traps away from children.
- Read directions first before using bug killers.